

From emotional intelligence to problematic social media use: stress and maladaptive coping as underlying mechanisms

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Introduction

- **Social networking sites serve multiple purposes in adolescents' lives.**
- **Excessive use to satisfy emotional needs may lead to conflict.**
- **Problematic social media use (PSMU;** Andreassen & Pallesen, 2014).
- **I-PACE model** (Brand et al., 2019).
- **CIUT** (Kardefelt-Winther, 2014).

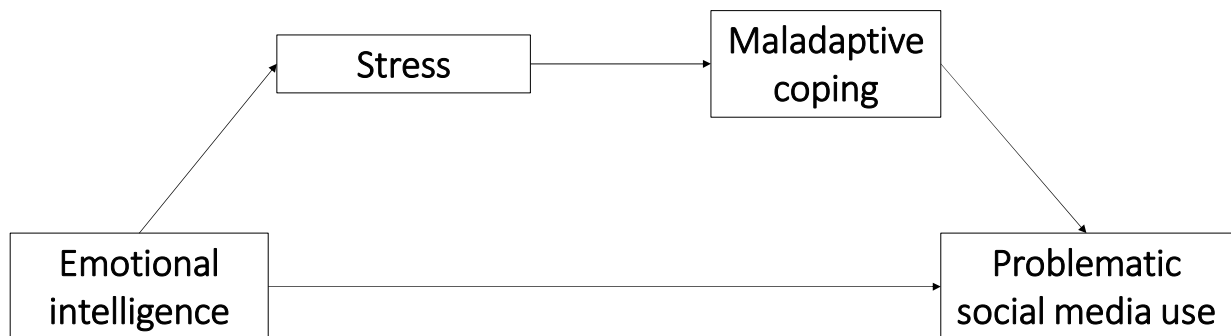


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Present study



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Methods

Participants

2068 Spanish adolescents
(46.2% male, 53.8% female).
12 -19 years old ($M = 14.61$, $SD = 1.62$).

Instruments

- Emotional intelligence WLEIS (Extremera et al., 2019; Wong & Law, 2002).
- Stress DASS-21 (Bados et al., 2005; Lovibond & Lovibond, 1995).
- Maladaptive coping CERQ (Chamizo-Nieto et al., 2020; Garnefski et al., 2001).
- Problematic social media use SMAQ (Granados et al., 2020; Hawi & Samaha, 2017).

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Methods

Procedure	Paper-based questionnaires in school setting. Compliance with ethical standards.
Data analyses	PROCESS macro SPSS: model 6 (serial mediation). X: emotional intelligence. M1: stress. M2: maladaptive coping. Y: problematic social media use. Cov: age and gender.

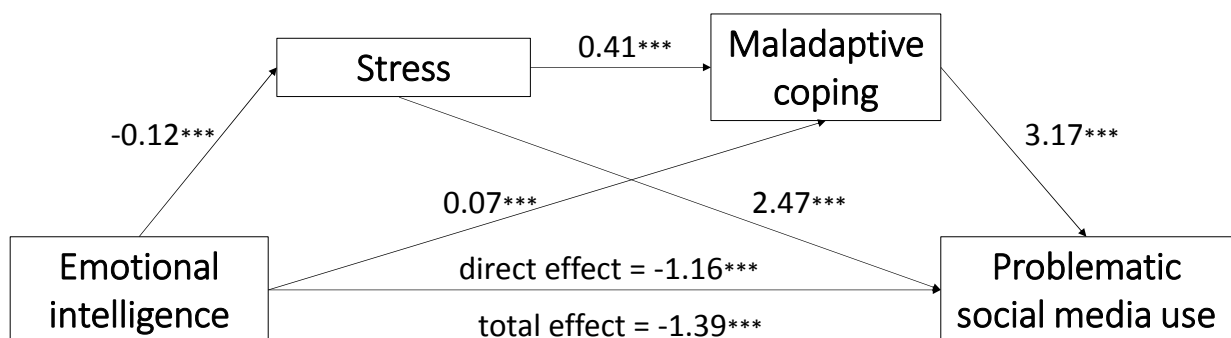


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Results


 $R^2 = 0.14; F(HC3) = 115.42; p < 0.001 ***$


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Results

Direct effects	<i>B</i>	<i>SE (HC3)</i>	LLCI	ULCI
EI → stress	-0.12***	0.01	-0.15	-0.09
EI → maladaptive coping	0.07***	0.01	0.04	0.10
stress → maladaptive coping	0.41***	0.01	0.37	0.44
stress → PSMU	2.47***	0.36	1.74	3.19
maladaptive coping → PSMU	3.17***	0.39	2.40	3.94
EI → PSMU	-1.16***	0.23	-1.61	-0.70
EI → PSMU (total effect)	-1.39***	0.23	-1.85	-0.92

SE (HC3) = Heteroscedasticity Consistent Standard Error; LLCI = 95 % lower limit confidence interval; ULCI = 95 % upper limit confidence interval.*** $p < 0.001$.



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Results

Indirect effects	Boot Effect	Boot <i>SE</i>	Boot LLCI	Boot ULCI
EI → stress → PSMU	-0.30	0.06	-0.43	-0.19
EI → maladaptive coping → PSMU	0.23	0.05	0.14	0.35
EI → stress → maladaptive coping → PSMU	-0.16	0.03	-0.22	-0.10

Boot = statistics for the indirect effects are the result of the bootstrapping method.



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Discussion

- **Our results support direct associations and serial mediation hypothesis.**
- **I-PACE model** (Brand et al., 2019):
 - **EI could be a protective personal characteristic.**
 - **Stress and maladaptive coping strategies as responses.**
- **CIUT** (Kaderfelt-Winther, 2014):
 - **PSMU could be a compensatory strategy to manage difficult situations.**



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Concluding remarks

- **Limitations:**
 - **Cross-sectional data.**
 - **Self-report questionnaires.**
- **Implications: several pathways to prevent PSMU in adolescents.**
 - **EI training.**
 - **Stress management techniques.**
 - **Adaptive cognitive regulation strategies.**



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Thank you for your attention

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